

## High School Nutritionals

<u>Recipe Description</u>	<u>Source</u>	<u>Recipe Group</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Cholesterol mg</u>	<u>Sodium mg</u>	<u>Total Fat g</u>	<u>Saturated Fat g</u>	<u>Protein g</u>	<u>Carbohydrates g</u>	<u>Dietary Fiber g</u>	<u>Iron mg</u>	<u>Calcium mg</u>	<u>Vitamin C mg</u>	<u>Total Gram Weight</u>
Baked Cheetos	local	BREAD/ROLLS/STARCH	1 bag	120	0	210	4.5	1	2	17	0	0.72	100	0	24.8
CRACKERS		BREAD/ROLLS/STARCH	4 EACH	51	0	134	1.06	0.24	1.14	8.92	0.35	0.62	2.52	0	12
Dinner Rolls	local	BREAD/ROLLS/STARCH	1 roll	90	0	190	1.5	0	3	18	1	1.08	40	0	32
Fluffy Rice H	local H	BREAD/ROLLS/STARCH	.5 cup	115	0	36	1.41	0.28	2.27	22.56	0.62	1.48	17.57	0	100.5
French Toast Sticks w/Syrup		BREAD/ROLLS/STARCH	1 portion	440	20	530	14	2.5	6	72	1	1.44	20	0	162.7
Italian Bread	local	BREAD/ROLLS/STARCH	1 slice	139	0	298	0.99	0	4.97	28.85	0.99	1.79	19.89	0	56.7
Low Fat Doritos	local	BREAD/ROLLS/STARCH	1 bag	130	0	220	5	1	2	19	1	0.36	20	0	28.35
Lunch Bagel M H	local M H	BREAD/ROLLS/STARCH	1 each	279	31	409	10.86	5.75	8.8	37.01	1.56	4.4	90.97	0.71	99.35
Nacho Chips H	local	BREAD/ROLLS/STARCH	1 portion	280	0	200	12	1	4	38	2	0.72	40	0	56.7
Pasta +	local	BREAD/ROLLS/STARCH	1 cup	199	0	146	2.3	0.06	9.31	35.4	3.73	2.52	27.78	0	355.72
Pasta Buttered M H	local M H	BREAD/ROLLS/STARCH	1 cup	356	0	312	5.78	1.06	11.87	62.59	3.68	2.62	14.33	0	209.56
Pretzel	local	BREAD/ROLLS/STARCH	1 portion	214	0	769	1.49	0.28	5.86	44.91	1.7	2.95	10.21	0	56.7
Spaghetti w/Marinara Sauce H	local H	BREAD/ROLLS/STARCH	1 portion	357	1	806	4.02	0.68	12.95	66.42	6.47	4.42	89.21	26.01	485.02
Stuffing H	Local H	BREAD/ROLLS/STARCH	1 SERVING	94	0	544	3.36	0.47	2.27	14.34	1.62	0.85	53.12	2.12	136.61
Warm Garlic Stick	local	BREAD/ROLLS/STARCH	1 stick	188	0	341	4.56	0.51	6.34	32.47	1.2	1.86	1.6	0.36	56.57
Whole Wheat Bread H	local	BREAD/ROLLS/STARCH	1 slice	71	0	152	1.01	0	2.03	14.17	1.01	0.73	40.5	0	28.35
Whole Wheat Roll	local	BREAD/ROLLS/STARCH	1 roll	74	0	134	1.32	0.23	2.44	14.31	2.1	0.68	29.68	0	28
CEREAL,VARIETY		BREAKFAST	1 SERVING	98	0	117	0.59	0.29	1.27	22.64	0.66	4.05	7.25	9.53	25.69
Sliced cheese H	local	cheeses	1 slice	105	26	417	8.75	5.51	6.2	0.45	0	0.05	154.56	0	28
BBQ Sauce H	local	condiments,ketchup,relish	1 oz	40	0	283	0.41	0	0	8.91	0	0.29	0	0.97	28.35
Honey Mustard	local	condiments,ketchup,relish	1 portion	143	1	358	8.93	1.39	1.07	14.64	0.14	0.38	17.55	0.73	56.7
ketchup	local	condiments,ketchup,relish	1 portion	6	0	67	0.02	0	0.1	1.51	0.02	0.03	1.08	0.91	6
Mayo	local	condiments,ketchup,relish	1 oz	202	10	152	22.27	3.04	0	0	0	0	0	0	28.35
Apple Crisp	local Middle	DESSERTS	1 SERVING	200	0	112	7.97	1.59	1.96	31.86	2.29	0.81	19.86	0.53	94.88
ASST JELLO CUPS M H	LOCAL	DESSERTS	.5 cup	63	0	79	0	0	0.9	15.22	0	0.32	38.65	26.86	111.64
ASST JELLO CUPSw/fruit M H	LOCAL	DESSERTS	.5 cup	83	0	80	0	0	1.15	19.82	0.26	0.32	38.65	27.16	143.84
CHOCOLATE CAKE w/Icing	local	DESSERTS	1 SERVING	266	30	299	10.71	4.54	4.4	40.36	1.39	1.21	81.49	0.18	98.77
PUDDING CUPS M H	local M H	DESSERTS	.5 cup	79	0	143	1.97	0.36	0	15.77	0.36	0	28.67	0	86.01
Yellow Cake	local	DESSERTS	1 SERVING	215	38	93	8.45	2.16	3.39	31.96	0.49	1.06	77.43	0.08	68.21
Yellow Cake w/Icing	local	DESSERTS	1 SERVING	269	39	280	9.51	3.71	4.41	41.57	0.49	1.06	97.34	0.17	99.89
BarBQ Chicken	local H	ENTREES	1 portion	489	150	705	24.21	6.6	42	17.82	0	2.98	24	1.94	226.8
BBQ Rib on a Bun M H	local M H	ENTREES	1 sandwich	470	41	1489	17.71	7.3	18.9	60.52	8.2	4.52	121	3.94	215.01
Big Daddy Pizza	local	ENTREES	1 piece	470	40	1060	18	9	24	55	3	3.6	400	0	178.89
Bosco Pizza	local	ENTREES	1 portion	370	25	440	12	6	21	43	3	2.7	400	3.6	174
Breaded Mozzarella Sticks H	local H	ENTREES	1 portion	673	31	1507	26.42	10.75	28.43	62.55	6.95	4.78	517.86	26.01	493.98
Charbroiled Burger on a Bun	local	ENTREES	1 portion	250	40	720	7.5	3	20	29	2	3.24	80	0	122.87
Chicken Smackers M H	local M H	ENTREES	1 portion	271	58	989	14.2	2.93	18	16.7	0.37	1.34	16.09	0.52	121.9
Chicken and Broccoli w/sauce	local H	ENTREES	1 portion	296	76	176	16.58	4.27	26.37	9.34	1.56	1.71	72.72	31.24	174.38
Chicken Fajitas H	local H	ENTREES	1 portion	323	79	449	10.4	2.75	29.79	26.09	2.04	2.74	80.08	10.64	171.48
Chicken Parmigiana	local M H	ENTREES	1 portion	360	61	978	20.02	6.16	21.76	23.67	2.31	2.3	254.55	4.99	238.41
Chicken Parmigiana on Roll	local M H	ENTREES	1 portion	527	61	1288	22.47	6.5	27.4	53.71	3.62	4.17	308.7	4.99	295.41
Chicken Tenders	local M H	ENTREES	1 portion	270	74	917	13.49	2.7	18.88	16.19	0	2.43	26.98	0	128.14
Chiliw/beans & Tortilla Chips	local H	ENTREES	1 serving	739	123	674	39.62	11.72	41.46	51.1	5.03	6.39	117.35	15.75	370.33
Crispy Battered Chicken	local	ENTREES	1 portion	486	91	891	26.32	6.07	28.35	28.35	0	2.19	0	0	170.1
Crispy Chicken Nuggetts M H	local M H	ENTREES	1 serving	341	60	918	20.05	4.47	19.41	20.67	2.11	2.02	26.99	0	134.95
Deli Hot Dog on Bun	local HS	ENTREES	1 portion	270	35	760	16.5	6	12	23	1	1.8	60	1.2	100
EGG,HARD-BOILED		ENTREES	1 EACH	78	212	62	5.31	1.63	6.29	0.56	0	0.6	25	0	50
Grilled Cheese Sandwich	local H	ENTREES	1 sandwich	554	53	1350	41.8	15.08	16.45	29.25	2.02	1.56	390.12	0	141.05
Grilled Ham&Cheese Sandwich H	local H	ENTREES	1 sandwich	615	78	1951	43.27	15.45	27.14	29.67	2.02	1.97	393.52	0	197.75
Italian Meatball Hero H	local H	ENTREES	1 sandwich	525	116	1530	15.72	5.04	34.18	60.26	5.75	7.43	251.83	26.52	531.72

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Italian Meatballs High	LOCAL H	ENTREES	3 oz portions	196	111	493	8.92	3.21	21.42	6.43	0.49	2.88	41.01	0.51	123.65
Italian Meatballs w/sauce High	LOCAL H	ENTREES	3 oz portions	278	113	876	10.49	3.41	24.39	20.41	2.82	4.47	81.67	15.84	328.32
Lasagna Roll Ups M H	local M H	ENTREES	1 portion	244	35	757	5.18	2.6	17.02	30.12	1.81	1.89	313.57	4.99	231.32
Low Fat Canadian Bacon	local	ENTREES	3 oz	41	23	372	1.79	0.51	5.63	0.76	0	0.34	2.55	0.6	85.05
Nacho Day M HS	local M HS	ENTREES	1 portion	501	35	1136	25.23	4.86	18.37	51.6	4	1.08	542.16	3	231.62
Nacho(veg) Day	local	ENTREES	1 portion	404	0	1170	20.23	3.06	6.3	50.39	2	0.72	140.89	8.37	198.45
Pastaw/ Sauce&Chicken TendersH	local H	ENTREES	1 portion	19250	154	86881	356.12	38.75	652.47	3387.44	560.87	374.76	9628.02	3675.89	48884.27
Popcorn Chicken	local	ENTREES	1 portion	202	46	665	11.6	2.11	14.76	13.71	1.05	2.11	24.25	1.05	92.08
Roast Turkey	local	ENTREES	1 SERVING	132	45	578	4.92	1.62	18.13	2.61	0	1.39	4.25	0	85.05
Roast Turkey and Gravy	local	ENTREES	1 portion	208	45	657	9.7	2.54	20.61	7.9	0.18	1.88	8.92	0.01	187.01
Salad Line HS	local H	ENTREES	1 portion	548	75	1195	38.27	8.22	24.87	25.66	3.92	1.23	278.45	35.56	361.76
Sausage and Pepper Hero H	local H	ENTREES	1 sandwich	486	76	1780	36.81	12.81	26.77	11.44	2.03	2.56	40.86	50.82	247.9
Side Meatball w/sauce High	LOCAL H	ENTREES	1 portion	91	37	287	3.43	1.12	7.98	6.68	0.92	1.46	26.73	5.18	107.45
Soft Breadsticks/sc&czstk H	local H	ENTREES	1 portion	635	31	1565	21.3	6.42	26.14	84.61	6.43	6.28	461.75	26.28	512.84
Soft Warm Breadsticks M H	local M H	ENTREES	1 portion	394	3	695	12.11	1.87	11.4	59.88	2.48	3.57	61.34	0.27	126.33
Spaghetti w/Marinara & Tenders	local H	ENTREES	1 portion	264	0	331	2.49	0.35	9.14	50.95	3.33	2.58	23.37	4.99	253.67
Spicy Chicken Strips	local M H	ENTREES	3 oz	230	17	663	12.76	1.7	12.76	14.46	0.85	0	0	0	85.05
Stir Fry Chicken H	local H	ENTREES	1 portion	278	94	91	10.47	2.5	31.78	12.93	0.9	1.95	25.47	2.96	171.75
Stuffed Shellsw/Marinara Sauce	Local H	ENTREES	1 portion	323	36	1067	6.42	2.75	20.43	43.55	4.91	3.72	367.86	26.01	465.32
Super Chicken Breast Sandwich	local	ENTREES	1 sandwich	350	35	880	9.5	2	22	44	2	2.52	80	0	164
Taco MS HS	local M H	ENTREES	1 portions	310	55	1010	13.4	6.41	24.51	23.2	2.93	1.36	730.26	11.36	204.92
Turkey Gravy H	Local H	MISCELLANEOUS	4 oz. LADLE	49	0	65	3.11	0.65	3.04	1.79	0.05	0.38	6.11	0.01	148.42
Vegetarian Taco	local	ENTREES	1 portions	248	40	733	14.16	8.77	17.95	12.3	0.88	0.31	534.7	8.87	142
APPLESAUCE:cnnd,unswtnd,+vit C		FRUIT	1 CUP	102	0	5	0.24	0.02	0.41	27.5	2.68	0.56	9.76	51.73	244
APRICOTS: canned,light syrup		FRUIT	1 CUP	159	0	10	0.13	0.01	1.34	41.72	4.05	0.99	27.83	6.83	253
ASST.FRUIT CUPS HS	local	FRUIT	.5 cup	63	0	4	0.08	0.01	0.77	15.65	1.96	0.16	8.09	9.32	121.53
BANANAS		FRUIT	1 EACH	105	0	1	0.39	0.13	1.29	26.95	3.07	0.31	5.9	10.27	118
BLUEBERRIES,Fresh		FRUIT	1 CUP	84	0	1	0.49	0.04	1.1	21.45	3.55	0.41	8.88	14.36	148
Cranberry Sauce	local	FRUIT	1 portion	105	0	20	0.1	0.01	0.14	26.94	0.69	0.15	2.77	1.39	69.25
Fresh apples H	local	FRUIT	1 portion	77	0	1	0.25	0.04	0.39	20.58	3.58	0.18	8.94	6.85	149
FRUIT COCKTAIL:canned,lt syrup		FRUIT	1 CUP	138	0	15	0.17	0.02	0.97	36.13	2.42	0.7	14.52	4.6	242
FRUIT SALAD: canned,lt syrup		FRUIT	1 CUP	146	0	15	0.18	0.02	0.86	38.15	2.52	0.73	17.64	6.3	252
GRAPES,Fresh		FRUIT	1 CUP	62	0	2	0.32	0.1	0.58	15.78	0.83	0.27	12.88	3.68	92
ORANGES		FRUIT	1 EACH	62	0	0	0.16	0.03	1.23	15.39	3.14	0.13	52.4	69.69	131
Cinnamon Applesauce Cups	local	INACTIVE ITEMS	.33 cup	23	0	5	0	0	0.08	6.04	0.93	0.11	1.86	9.85	56.7
Fruit Icys	local	JUICE	1 each	90	0	25	0	0	0	22	0	0	60	60	78
Juice Cup	local	JUICE	1 portion	55	0	1	0.16	0.02	1	12.68	0.25	0.21	12.44	40.93	124.4
ASST. MILK HS	LOCAL	MILK	HALF PINT	133	9	162	1.42	0.92	8	22.33	0	0	300	0.4	226.8
MILK,1% Chocolate		MILK	HALF PINT	158	8	153	2.5	1.54	8.1	26.1	1.25	0.6	287.5	2.25	250
MILK,1% Lowfat		MILK	HALF PINT	102	12	107	2.37	1.54	8.22	12.18	0	0.07	290.36	0	244
MILK,2% Lowfat		MILK	HALF PINT	122	20	100	4.81	3.07	8.05	11.42	0	0.07	285.48	0.49	244
MILK,Skim		MILK	HALF PINT	83	5	103	0.2	0.12	8.26	12.15	0	0.07	306.25	0	245
Butter Flavor Pam	local	MISCELLANEOUS	1 spray	0	0	0	0	0	0	0	0	0	0	0	0.8
BUTTER: individual		MISCELLANEOUS	1 PAT	0	0	0	0	0	0	0	0	0	0	0	0
CHEESE,CREAM		MISCELLANEOUS	1 TBSP	50	16	47	4.96	2.8	0.86	0.59	0	0.06	14.21	0	14.5
Chips	local M H	MISCELLANEOUS	1 portion	155	0	149	10.62	3.11	1.86	14.1	1.25	0.46	6.8	5.27	28.35
Frosty Cream Icing	LOCAL	MISCELLANEOUS	1 SERVING	66	0	131	2.65	2.34	1.02	9.61	0	0	19.91	0.09	31.68
JELLY		MISCELLANEOUS	1 TBSP	56	0	6	0	0	0.03	14.69	0.21	0.04	1.47	0.19	21
KETCHUP: individual		MISCELLANEOUS	1 Pkt 6g	6	0	67	0.02	0	0.1	1.51	0.02	0.03	1.08	0.91	6
MAYONNAISE:individual PC		MISCELLANEOUS	1 Pkt 7g	351	29	278	38.91	4.21	0.54	1.32	0	0.25	8.82	0	49
MUSTARD: individual PC		MISCELLANEOUS	1 Pkt 5g	3	0	57	0.2	0.01	0.22	0.27	0.17	0.08	2.9	0.08	5

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RELISH: individual PC		MISCELLANEOUS	1 packet	10	0	62	0.04	0	0.03	2.68	0.08	0.07	0.23	0.08	7.66
SALSA:COMMODITY		MISCELLANEOUS	1 OZ	10	0	122	0.06	0.01	0.43	1.98	0.4	0.64	3.4	1.13	28.35
Smart Popcorn Cheddar	local	MISCELLANEOUS	1 bag	100	1	180	6	1.5	2	9	1	0	20	0	17.7
SUGAR PACKET		MISCELLANEOUS	1 TSP	16	0	0	0	0	0	4.2	0	0	0.04	0	4.2
Syrup	local	MISCELLANEOUS	2 oz	130	0	10	0	0	0	30	0	0	0	0	56.7
Egg Patty	local	patty	1 patty	70	110	106	5.65	1.26	3.31	1.1	0	0.38	16.78	0.01	35.44
Pizza Line	local M H	PIZZA	1 portion	355	30	550	12.5	7	22	39	3	1.71	450	10.5	161.5
Italian Dressing	local	salad dressing	1 portion	126	0	187	13.66	1.96	0.11	0.84	0.07	0.06	4.39	0.32	30.19
Ranch Dressing H	local	salad dressing	1 portion	108	6	149	11.29	1.61	0.5	0.81	0	0	18.75	0.07	29.05
Black Bean Salad H	local H	SALADS	.5 cup	122	0	482	2.79	0.39	4.92	21.04	4.61	1.06	24.97	10.71	131.19
Chef Salad Plate H	local H	SALADS	1 portion	560	135	1261	30.89	6.36	26.49	45.32	7.89	4.15	227.22	76.6	524.41
Egg Salad H	local H	SALADS	1 portion	227	219	350	20.22	3.67	6.38	4.39	0.24	0.72	28.42	0.33	86.12
Green Bean Salad	local	SALADS	.5 cup	47	0	365	2.42	0.37	1.52	5.77	2.95	1.12	36.45	5.54	132.6
Healthy Cabbage Salad	local H	SALADS	1 serving	33	0	12	2.32	0.34	0.43	2.93	0.83	0.26	14.63	13.76	40.03
Pasta Salad H	local H	SALADS	.5 cup	96	0	153	1.43	0.21	3.09	17.31	0.85	0.81	11.57	1.16	219.41
SALAD,TOSSED: no dressing		SALADS	1 CUP	40	0	28	0.87	0.12	2.56	7.19	2.26	0.74	34.85	17.69	157.28
Tomato Mozzarella Salad H	local H	SALADS	1 portion	124	29	283	7.31	4.6	11.43	3.11	0.55	0.25	360.25	5.6	91.59
Tossed Salad H	local H	SALADS	1 portion	111	3	164	10.86	1.53	0.92	2.91	0.89	0.31	23.33	2.5	94.03
Tuna Salad H	local H	SALADS	1 portion	151	31	463	8.92	1.22	16.88	0.2	0.11	0.02	2.61	0.2	112.05
Deli Day High	local High	SANDWICHES	1 sandwich	334	46	1126	12.37	4.75	22.27	31.46	1.35	2.42	184.33	0.08	151.85
Deli wrapped Sandwiches H	local H	SANDWICHES	1 sandwich	286	51	988	11.43	4.02	16.27	29.81	2.1	2.09	149.76	0.88	152.68
Egg Salad Sandwich	local H	SANDWICHES	1 sandwich	397	219	662	22.69	4.02	12.19	34.97	1.77	2.67	85.81	0.83	161.12
HAM SANDWICH		SANDWICHES	1 sandwich	239	52	1159	7.05	1.56	17.17	25.31	1.2	2.47	79.75	16.51	120.87
Ham&Cheese on a roll H	local H	SANDWICHES	1 sandwich	311	52	1322	12.27	5.89	21.21	29.94	2.43	2.05	244.44	1.01	176.7
Jelly Sandwich	local	SANDWICHES	1 sandwich	215	0	300	2	0	4	45.9	2	1.44	80	0	84.35
PBJ Sandwich	local	SANDWICHES	1 sandwich	666	0	752	35.54	6.64	22.26	73.05	6.91	3.39	149.23	0	177.9
Tuna Salad Sandwich M H	local M H	SANDWICHES	1 sandwich	437	29	774	26.29	3.6	17.24	31.52	2.03	2.02	69.81	1.46	198.44
Turkey on a roll H	local H	SANDWICHES	1 sandwich	186	15	648	2.05	0.01	12.42	30.08	2.43	1.95	86.48	1.01	148.7
Turkey &Cheese on a roll H	local H	SANDWICHES	1 sandwich	291	42	1065	10.8	5.52	18.63	30.53	2.43	2.01	241.04	1.01	176.7
TURKEY W/CHEESE SANDWICH		SANDWICHES	1 sandwich	296	51	1034	10.17	4.5	22.07	27.71	1.2	3.05	157.29	0	135.05
Bechemel Sauce (white sauce)	local H	SAUCE	1 serving	80	1	99	4.85	1.02	1.77	6.91	0.2	0.31	41.36	0.26	43.97
Marinara Sauce High	Local H	SAUCE	1 portion	133	1	607	2.42	0.25	4.43	23.55	3.95	2.62	67.86	26.01	343.98
Escorole Soup H	local H	SOUPS	10 oz	70	2	1828	0.69	0.05	3.25	12.63	1.36	0.61	11.69	2.07	342.76
Ministrone(Vegetable) Soup H	local H	SOUPS	10 oz	99	1	923	1.39	0.26	3.51	18.2	2.48	1.4	27.56	5.5	200.07
Tomato Soup M H	local M H	SOUPS	1 servings	112	0	904	1.25	0.63	2.5	23.75	2.5	0.45	4.25	6	283.5
Vegetable Soup H	local H	SOUPS	10 oz	239	0	1265	6.23	1.19	5.84	40.92	3.99	1.89	35.31	7.14	347.62
Baked Beans H	local High	VEGETABLES	.5 cup	140	0	550	1	0	6	29	5	1.8	40	0	130
BAKED POTATO		VEGETABLES	1 EACH	161	0	17	0.22	0.07	4.33	36.59	3.81	1.87	25.95	16.61	173
BEETS: canned		VEGETABLES	1 CUP	53	0	330	0.24	0.04	1.55	12.26	3.06	3.09	25.5	6.97	170
Broccoli Spears H	local H	VEGETABLES	.5 cup	28	0	20	0.58	0.08	2.64	4.59	2.56	0.52	43.41	34.11	85.57
BROCCOLI: frozen, boiled		VEGETABLES	1 CUP	52	0	20	0.22	0.03	5.7	9.84	5.52	1.12	60.72	73.78	184
Carrot Coins M H	local M H	VEGETABLES	.5 cup	46	0	62	2.89	0.52	0.36	4.85	2.07	0.33	21.95	1.44	65.85
CARROT STICKS		VEGETABLES	1 CUP	50	0	84	0.29	0.05	1.13	11.69	3.42	0.37	40.26	7.2	122
CORN	local	VEGETABLES	.5 cup	82	0	20	2.56	0.45	1.99	15.03	1.88	0.38	2.51	2.73	80.39
Crispy Oven Fries M H	local M H	VEGETABLES	1 portion	109	0	29	3.98	0	1.99	16.91	1.99	0.36	0	4.77	71.63
CUCUMBER,RAW		VEGETABLES	1 OZ	3	0	1	0.05	0	0.17	0.61	0.2	0.06	3.97	0.91	28.35
Fluffy Mashed Potatoes M H	local M H	VEGETABLES	.75 cup	89	0	64	1.94	0.35	1.19	15.43	1.19	0.43	2.53	35.58	105.19
FRENCH FRIES: deep fry		VEGETABLES	1 OZ	89	4	61	4.7	1.93	1.14	11.22	0.91	0.22	5.39	2.92	28.35
FRENCH FRIES: oven heat		VEGETABLES	2.5 OZ	142	0	189	5.36	0.89	2.25	22.11	2.27	0.88	5.67	7.16	70.87
Golden Corn M H	local M H	VEGETABLES	.5 cup	102	0	34	3.88	0.69	2.49	17.08	1.73	0.35	3.3	5.28	86.6

<u>Recipe Description</u>	<u>Source</u>	<u>Recipe Group</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Cholesterol mg</u>	<u>Sodium mg</u>	<u>Total Fat g</u>	<u>Saturated Fat g</u>	<u>Protein g</u>	<u>Carbohydrates g</u>	<u>Dietary Fiber g</u>	<u>Iron mg</u>	<u>Calcium mg</u>	<u>Vitamin C mg</u>	<u>Total Gram Weight</u>
Green Beans Hot M H	local M H	VEGETABLES	.5 cup	62	0	41	4.33	0.79	1.27	5.49	2.56	0.56	35.78	3.49	90.51
KIDNEY BEANS: canned,drained		VEGETABLES	1 CUP	215	0	758	1.54	0.36	13.36	37.12	13.57	3	87.04	3.07	256
Lettuce and Tomato	local	VEGETABLES	1 portion	8	0	3	0.09	0.01	0.43	1.71	0.58	0.15	6.24	4.31	48
Lettuce and Tomato&pickles	local	VEGETABLES	1 portion	10	0	126	0.1	0.02	0.51	2.07	0.73	0.21	12.12	4.43	62
Oven Browned Potatoes	local H	VEGETABLES	1/2 cup	91	0	511	2.87	0.41	0.96	13.08	1.89	0.37	37.55	11.11	155.52
PEAS & CARROTS: frozen,boiled		VEGETABLES	1 CUP	77	0	109	0.67	0.12	4.94	16.19	4.96	1.5	36.8	12.96	160
PEAS GREEN,CANNED,DRAINED		VEGETABLES	1 CUP	117	0	372	0.68	0.1	7.48	21.42	6.97	1.62	34	15.47	170
PEAS: frozen,boiled		VEGETABLES	1 CUP	125	0	115	0.43	0.08	8.24	22.82	8.8	2.43	38.4	15.84	160
PICKLES,DILL SPEAR		VEGETABLES	1 EACH	4	0	306	0.05	0.01	0.21	0.91	0.39	0.13	14.7	0.28	35
PICKLES,SWEET		VEGETABLES	1 portion	32	0	160	0.14	0.02	0.2	7.4	0.35	0.09	21.35	0.25	35
POTATO PUFFS: frozen,cooked		VEGETABLES	1 CUP	243	0	614	11.03	2.33	2.62	35.52	3.2	0.82	17.92	8.06	128
Refried Beans	local	VEGETABLES	.5 cup	137	0	374	1.01	0	6.07	22.26	6.07	1.46	40.47	0	126.48
Sauerkraut H	local	VEGETABLES	1 portion	7	0	235	0.05	0.01	0.32	1.52	1.03	0.52	10.65	5.22	35.5
Sweet Potatoes	local	VEGETABLES	.33 cup	176	0	80	5.42	0.93	0.33	31.44	1.97	0.98	17.42	11.8	125.71
TOMATOES: canned		VEGETABLES	1 CUP	96	0	746	0.72	0.1	6.24	20.64	2.4	2.4	38.4	40.32	240
Vegetable Medley	local	VEGETABLES	3 oz	39	0	45	1.67	0.3	1.91	3.83	1.91	0	0	20.1	87.31
Vegetable Medley	local	VEGETABLES	.5 cup	79	0	88	4.95	0.9	2.72	5.46	2.73	0.01	0.17	28.55	127.3
VEGETARIAN BEANS		VEGETABLES	1 CUP	240	0	921	1.53	0.41	12.75	51.26	12.75	3.62	112.2	6.89	255

**NOTICE:** The data contained within this report and the NUTRIKIDS Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.